

Chronic Disease Risk Factors

Adult Obesity

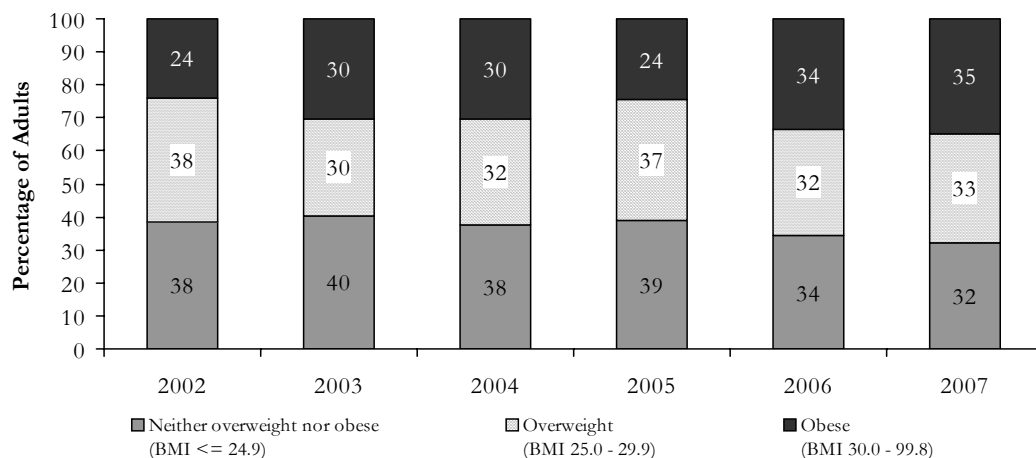
Obesity: Range of weight that is greater than what is generally considered healthy for a given height: body mass index (BMI) ≥ 30.0 .

Importance: Obesity puts an individual at risk for hypertension, stroke, type 2 diabetes, osteoarthritis, and many other poor health outcomes.

National statistic: National prevalence of obesity increased by approximately 50% between 1996 and 2006. In 2006, 25% of adults were obese

Healthy People 2010 goal: 15% (adults 20 years and older)

Percentage of Adults by Weight Classification as defined by Body Mass Index (BMI), Baltimore City, 2002-2007

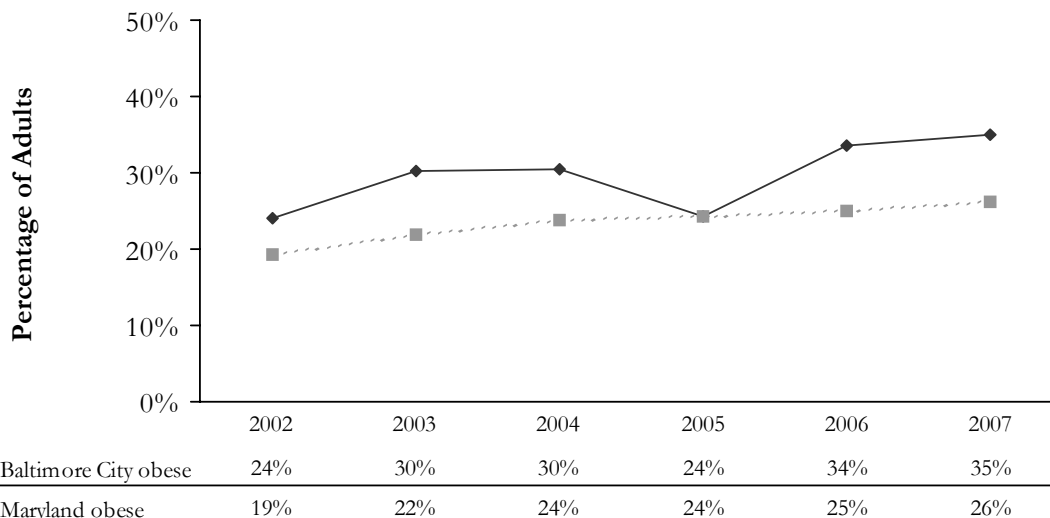


- According to the Behavioral Risk Factor Surveillance System (a telephone survey), in 2007, one third of Baltimore City adults were obese, while one third were overweight.
- Since 2002, obesity prevalence among Baltimore City adults has increased by 46%.

Source: Maryland Behavioral Risk Factor Surveillance System (BRFSS). Survey respondents were classified by BMI calculated using reported weight and height (questions in survey were: "About how much do you weigh without shoes?" and "About how tall are you without shoes?") See technical notes for a description of the BRFSS data and methodology.

- On average, from 2002-2007 obesity prevalence among Baltimore City adults was 26% higher than among adults statewide during the same time period.
- The reason why Baltimore adults and high school students would have higher obesity rates than statewide, while WIC enrollees would have lower rates (see previous page) is not understood.

Percentage of Adults by Weight Classification as defined by Body Mass Index (BMI), Baltimore City and Maryland, 2002-2007



Source: Maryland Behavioral Risk Factor Surveillance System (BRFSS). Survey respondents were classified by BMI calculated using reported weight and height (questions in survey were: "About how much do you weigh without shoes?" and "About how tall are you without shoes?") See technical notes for a description of the BRFSS data and methodology.